

You lived for years without tobacco

And you'll be able to live without tobacco again



If you are ready to live a life without tobacco, give us a call. No matter how many times you have tried to quit, we can help make it stick. UMR Tobacco Cessation is available at no cost to you. People who work with a UMR health coach are 25 percent more successful than those who try to quit on their own.

How it works

Our team of certified tobacco cessation specialists will work with you to develop a plan to quit and offer strategies and support to help you reach your goal.

Call us toll-free at **1-800-207-7680** from 8 a.m. to 8 p.m. Central time, Monday through Friday, to schedule your initial health coaching session. After you set your quit date, your assigned health coach will be available for a series of one-on-one phone sessions at times that are convenient to you.

In addition, your coach will send you helpful educational materials with facts and tips on quitting tobacco. With **umr.com**, you also have access to an online action plan for quitting tobacco use. The interactive online lesson plan is personalized for you to help you overcome your barriers and achieve your goals.

All conversations between you and your coach are completely confidential.

**Join
Today!**

**Call us at
1-800-207-7680**
to enroll in tobacco
cessation coaching



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